

The Top 20 Training Tips For Ultimate Fat Loss

Courtesy of Ultimate-U Fitness, www.ultimate-u.com

Tips For Resistance Training

1. Train your whole body in one 40-50 min. workout, 2-3 times per week.
2. Get your body fat tested and take your tape measurements before you start your program. For the first 4-8 weeks you will be adding muscle almost at the same rate that you are losing fat. Therefore, you should not use the scale to judge your progress!
3. To ensure results, you must periodize your program. This means progressing from lighter weight/ more repetitions to heavier weight/ fewer reps over the course of several weeks.
4. The order of exercises is important: progress from compound, multiple-joint movements to isolation, single-joint ones. Also, work your largest muscle groups first (legs, back, chest).
5. For most exercises, perform 2-3 sets with a weight that allows you to complete 15 repetitions. You should feel a burn, but not muscular failure, by the 15th rep. As your training progresses and the weights increase, you can lower the target number of reps to 10-12.
6. Keep rest times to 30 seconds between sets at start of your program, and up to 60 seconds as training progresses and the weights become heavier.
7. Women should not worry about getting "too bulky." The first 4-8 weeks you will be adding muscle almost at the same rate that you are losing fat. Your arms & legs will stay about the same size, but may feel "bulkier" because of the added muscle. Don't back off the weights! You will hit a limit on how big your muscle can get (due to lack of testosterone) by the end of the 2nd month. From there on, all your weight training will simply maintain muscle size and contribute to fat burning.
8. There is no such thing as "spot reduction." For example, working your abs hard on the crunch machine will not specifically target belly fat. Using a "thigh master" device will not reduce the fat on your inner thighs. You will burn more fat doing compound, whole body exercises such as lunges and push ups than you will doing isolation exercises.
9. The real benefit of resistance training is not the amount of calories burned during the workout, but the amount of calories your body burns for the rest of the day after the workout. Your metabolism stays elevated for up to 39 hours after a weight training session, compared to 1-2 hours after an aerobic workout.
10. It is important to completely change your program parameters every 6-8 weeks, or your body will quickly adapt to the stimulus and stop changing. Work with a reputable personal trainer who can design a variety of programs that will shock your body to the next level of fat loss.

Tips For Aerobic Training

1. For most people, aerobic exercise should be performed 3-4 times per week, for 20-45 minutes depending on your fitness and endurance level.
2. You can reap many of the cardiovascular and health benefits of exercise with less intensity and frequency. However, if you want to burn fat, you must follow more stringent guidelines.
3. Within 8 min. of the start of your session, your heart rate should be at 65% of its maximum. For the rest of your session, it should remain between 65%-85% of max. predicted heart rate. (MPHR=220-age.)
4. Never do cardio immediately BEFORE weight training (other than a brief warm up). The best time to do cardio is first thing in the morning on an empty stomach.
5. If possible, do your cardio on your off days from weight training. That way, your metabolism is stimulated almost every day.
6. Remember that the average person does not begin burning a significant amount of energy from fat until they have performed about 20 min. of continuous activity in their target heart rate zone.
7. Advanced exercises can get around the 20 min. requirement by performing interval training: short bursts of high intensity activity followed by a recovery phase of medium intensity work.
8. The biggest mistake people make is doing the same mode of cardio (treadmill, bike, etc.) for weeks and months on end. The body adapts within a few weeks to any aerobic stimulus. You must vary your mode of cardio regularly, and use a progressively more challenging program for continual fat loss.
9. For best fat burning results, do not eat for 2-3 hours prior to your aerobic training session. Definitely do NOT drink Gatorade, PowerAde, Red Bull, or anything else containing sugar or you will prevent any fat from being used as fuel.
10. Any activity that involves using your entire bodyweight (such as running, swimming, etc.) is going to burn more calories than those that isolate only certain limbs (cycling, rowing, etc.). Any activity that requires constant motion is going to be more productive than recreational sporting activities.

**** If you are serious about transforming your physique, now is the time to register for Sarasota's own Fat Loss Challenge, Shape Up Sarasota! We provide the exercise instruction, nutritional guidance, and fitness education that it takes to get you the body you want, at a fraction of the cost of full time personal training . Don't miss this opportunity to take control of your weight and your health!**

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